

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

November 2011

Mini Turkey Pot Pies

Pineapple Salad

Cranberry Coleslaw

White Chicken Chili

Holiday Trail Mix

Mini Turkey Pot Pies

2 cups cooked turkey, cut into small pieces
1 can (10¾ ounces) fat-free cream of chicken soup
¾ cup fat-free skim or 1% milk
1 can (15 ounces) mixed vegetables, drained,
or 1 bag (12 ounces) frozen mixed vegetables
10 refrigerated biscuits, unbaked

1. Preheat oven to 350 degrees.
2. Combine the turkey, soup, milk and vegetables in a bowl.
3. Lightly spray muffin tins with nonstick cooking spray. Flatten each biscuit into a muffin tin, spreading the biscuit up sides of tin.
4. Spoon some of the turkey mixture into each biscuit crust.
5. Bake for 12-15 minutes.

Recipe adapted from: www.numatters.com

Nutrition Note: This recipe makes 5 servings. Each serving has 320 calories, 6 grams of fat, and 41 grams of carbohydrates.

Pineapple Salad

1 can (20 ounces) crushed pineapple in juice, undrained
1 package (3.4 ounces) instant coconut cream pudding mix
1 container (12 ounces) fat-free cottage cheese
1 container (6 ounces) fat-free lemon yogurt

1. Stir pineapple, pudding mix and cottage cheese together in a large bowl.
2. Stir in yogurt. Cover and chill in the refrigerator for 2 to 3 hours.
3. Sprinkle with shredded coconut and crushed cashews, if desired.

Recipe adapted from: www.numatters.com

Nutrition Note: This recipe makes 12 servings. Each serving has 90 calories, 0 grams of fat, and 18 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

"I chose to breastfeed because it's the best way to keep them (baby) healthy at this age and for the special bonding time."

~ Shanrell, WIC Breastfeeding Mom from Minot

For more information about breastfeeding, check out our new breastfeeding website at www.ndhealth.gov/breastfeeding.



Shop Smart - Stretch Your Fruit & Veggie Dollar

When buying pineapple, here are some things to consider.

Select: Fragrant pineapples with leaves that are glossy, not dull and faded.

Store: Cut ripe pineapple and seal in a container and refrigerate.

Use: As a snack, in salads or blended in a smoothie.

(Adapted from the California WIC Program)

Cranberry Coleslaw

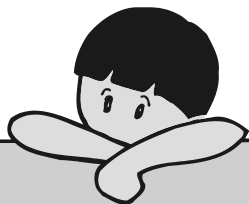
1 bag (16 ounces) shredded cabbage
¾ cup dried cranberries
½ cup light salad dressing (like Miracle Whip)
3 tablespoons apple cider vinegar
3 tablespoons maple syrup
½ teaspoon salt
¼ teaspoon pepper

1. In a large bowl, combine cabbage and cranberries.
2. To make the dressing, mix the salad dressing, vinegar, maple syrup, salt and pepper in a small bowl.
3. Toss dressing over salad mixture.
4. Serve right away or refrigerate and serve chilled.

Recipe adapted from: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 8 servings. Each serving has 100 calories, 3 grams of fat, and 19 grams of carbohydrates.





Turn Off the TV

Play "Marco Polo" - Close your eyes and have your child move around the room saying "Marco Polo" very softly. Try to find your child with your eyes closed by following his or her voice. Once you touch your child, then it's his or her turn to find you.

White Chicken Chili

1 tablespoon canola or vegetable oil
1 small onion, chopped
2 cans (15 ounces) navy beans
1 cup diced carrots
5 cups water
2 tablespoons chicken bouillon
1 can (4 ounces) diced green chilies
1 teaspoon chili powder
½ teaspoon oregano
½ teaspoon cayenne or red pepper
2 cups chopped cooked chicken
½ cup fat free sour cream
1½ cups shredded Monterey Jack cheese

1. In a large skillet, sauté the onion in the vegetable oil.
2. Combine the cooked onion with all the other ingredients, except sour cream and cheese, in a large kettle.
3. Simmer for 30 minutes.
4. Stir in sour cream just before serving. Top with cheese.

Nutrition Note: This recipe makes 6 servings. Each serving has 410 calories, 14 grams of fat, and 37 grams of carbohydrates.

Holiday Trail Mix

1 cup walnuts or pecans
8 cups popcorn (air popped preferred)
½ cup maple syrup
⅛ teaspoon cinnamon
¼ teaspoon salt
⅛ teaspoon baking soda
1 cup dried cranberries

1. Preheat oven to 350 degrees. Place nuts on a baking sheet and toast for 5 minutes.
2. Decrease oven temperature to 300 degrees. Coat a large, rimmed baking sheet and large bowl with nonstick cooking spray. Mix the popcorn and nuts in the large bowl.
3. Bring the syrup, cinnamon and salt to a boil in a small pan over medium heat. Let the mixture boil for 4 minutes, stirring occasionally. Turn off the heat and add the baking soda, stirring until creamy. Pour mixture over the popcorn and stir well.
4. Spread the popcorn on the baking sheet and bake until dry to touch, about 15 minutes.
5. Let the popcorn cool for 20 minutes, then mix in the cranberries and serve.

Nutrition Note: This recipe makes 10 servings. Each serving has 160 calories, 7 grams of fat, and 23 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES

Family mealtimes help improve children's nutrition.

What you put on the table is also important. When families make mealtimes more of a priority, they naturally tend to pay more attention to what is served. Children who have more family meals get more of the nutrient-rich foods that build strong bodies and smart brains: more fruits, veggies, lean meats and milk; fewer fried foods and soft drinks.